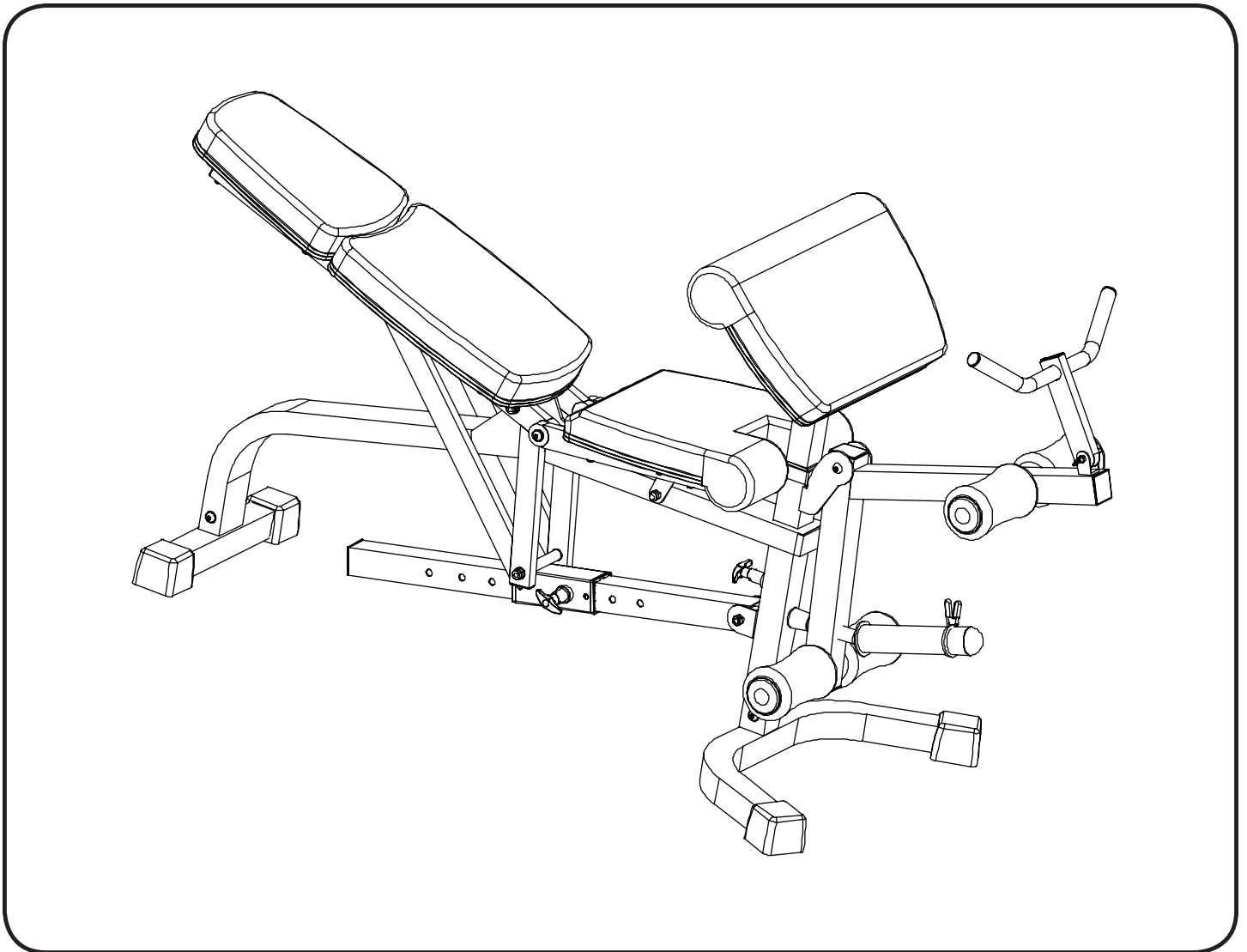




XM-4419

FID BENCH with LEG & PREACHER

Owner's Manual



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Important Safety Information	4
Assembly	5-11
Parts List	12
Exploded View	13
Warranty Information	14

Before You Start



THANK YOU for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

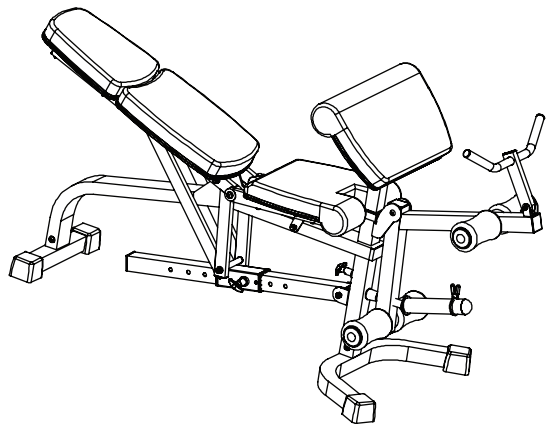
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register online at www.xmarkfitness.com within 10 days of purchase.

MAILING ADDRESS

XMARK Fitness
7501 Trammel Drive
Shreveport, LA 71108



**XMARK FITNESS SERIES
MODEL: XM-4419**

**QUESTIONS?
CALL 1-800-719-4605**

**Monday-Friday
8:30 a.m.-5:00 p.m.**
(Central Standard Time)

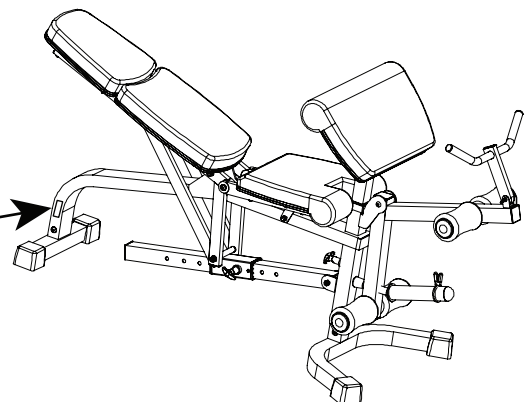
When calling please have the following product information available:

Model Name : XM-4419

Date Mfg.:

Serial #

Model Name Decal Location →



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. XMARK Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. XMARK Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a XMARK Fitness technician. Failure to follow these instructions will void the warranty.

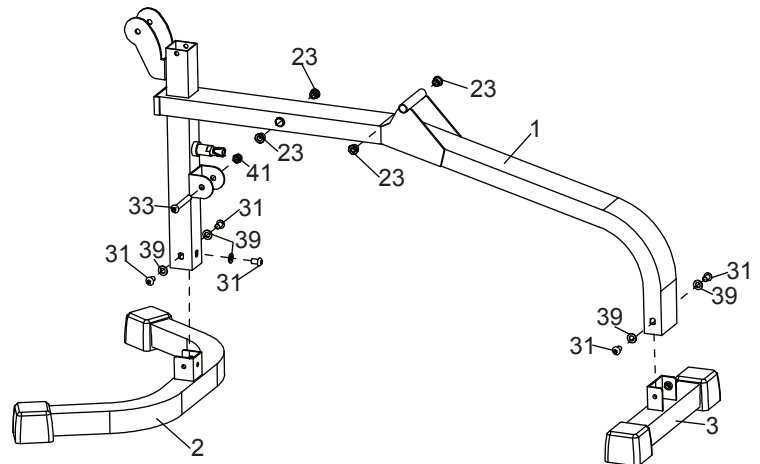
NOTE: Hand tighten bolts and locknut until machine is fully assembled.

STEP 1

Attach the U-Shaped Front Base (2) to the front part of the Main Frame (1), and secure with three M10 washers (39), three M10X15 Allen Bolts (31).

Insert the Rear Base (3) into the rear part of the Main Frame (1) with two M10X15 Allen Bolts (31) and two M10 Washers (39).

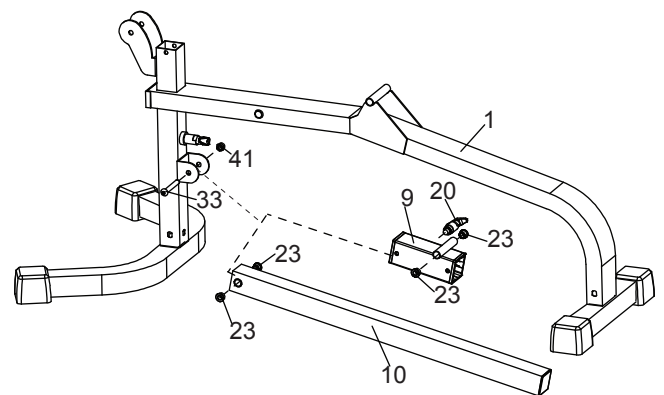
Push four Spacers (23) into the Main Frame (1) as illustrated.



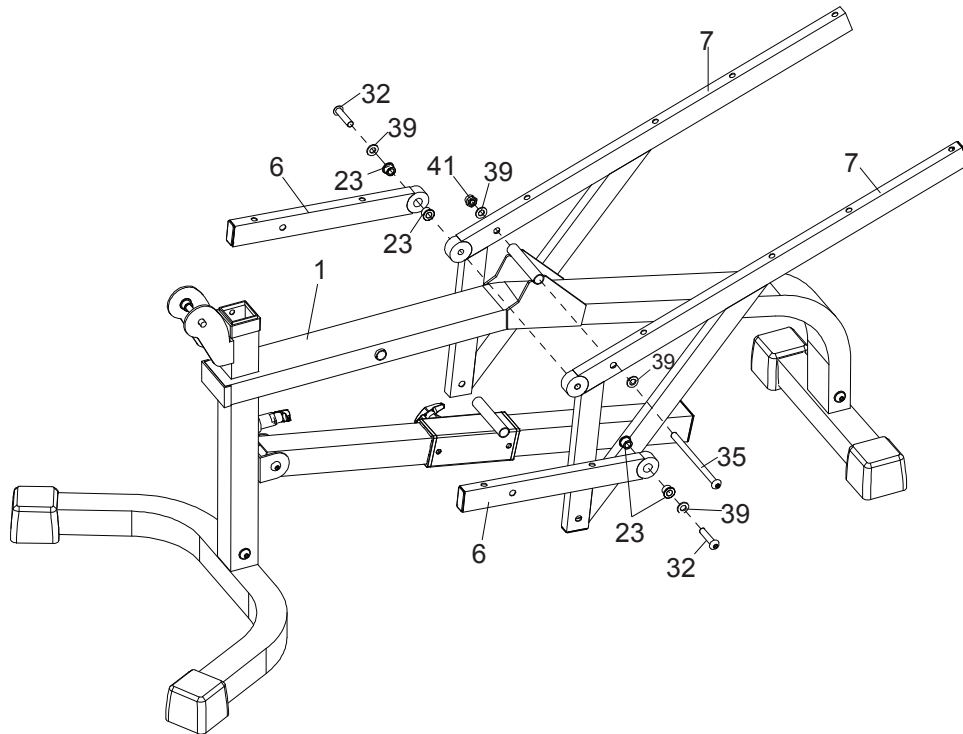
STEP 2

Pull the Pop Pin (20) as far as it will go and slide Sliding Block (9) onto Incline Adjustment Tube (10). Push two Spacers (23) into the Sliding Block (9).

Push two Spacers (23) into the Incline Adjustment Tube (10). Then attach Incline Adjustment Tube (10) to the bracket on the Main Frame (1). Secure with one M10X75 Allen Bolt (33) and one M10 Lock Nut (41).



NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.



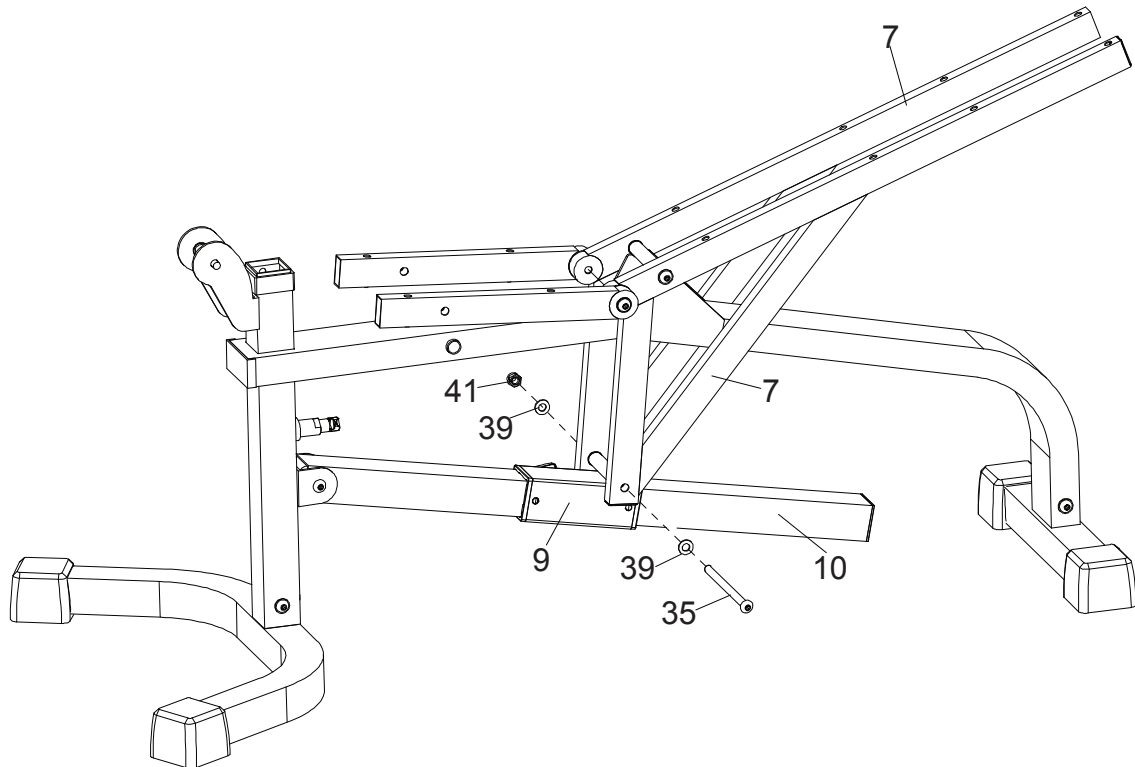
STEP 3

Push two Spacers (23) into each Seat Supports (6).

Attach one Backrest Support (7) to one Seat Support (6). Align the holes with one M10X45 Allen Bolt (32) and one M10 Washer (39). Repeat to complete the assembly of the remaining parts (6) (7).

Attach the two Backrest Supports (7) to the pivot on the Main Frame (1) with one M10X160 Allen Bolt (35), two M10 Washers (39) and one M10 Lock Nut (41).

NOTE: Hand tighten bolts and locknuts until machine is fully assembled.



STEP 4

Connect the Sliding Block (9) and the Backrest Supports (7) with one M10 x160 Allen Bolt (35), two M10 Washers (39) and one M10 Lock Nut (41).

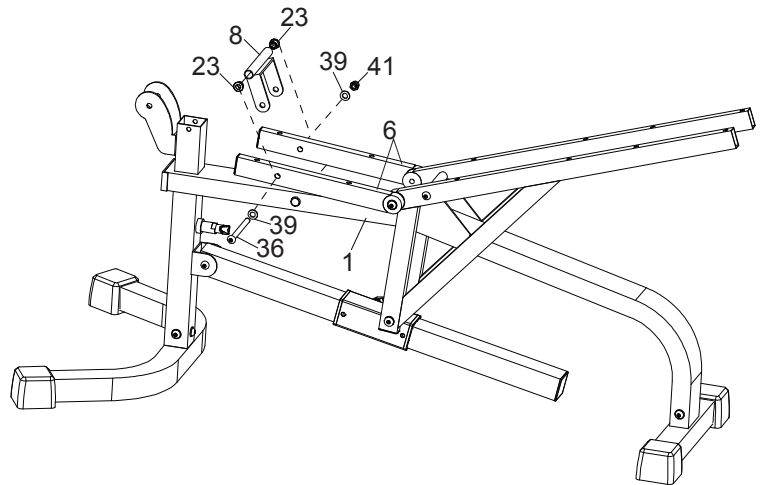
NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.

STEP 5

Push two Spacers (23) into the Seat Adjustment Bracket (8).

Attach the Seat Adjustment Bracket (8) to the Seat Supports (6) with M10X205 Allen Bolt (36), two M10 Washers (39) and one M10 Lock Nut (41).

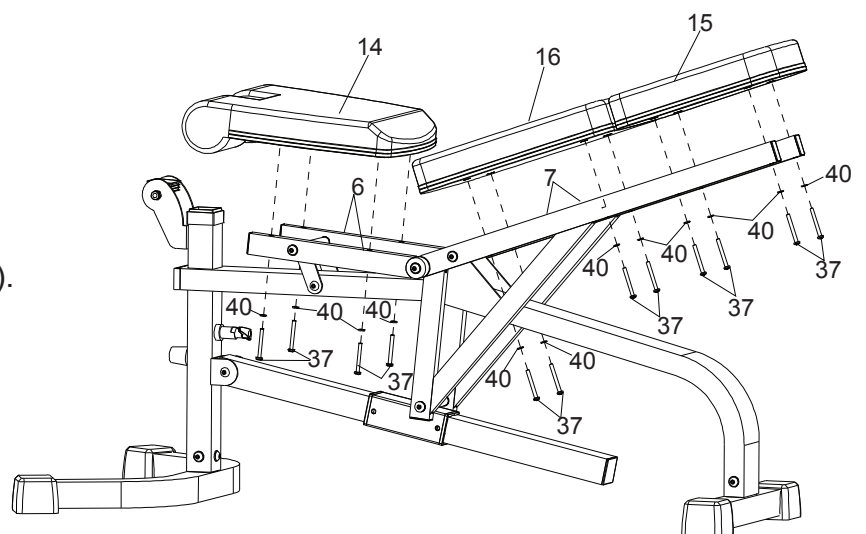
Do not over tighten the Lock Nut and Bolt. The Bracket needs to be able to swivel.



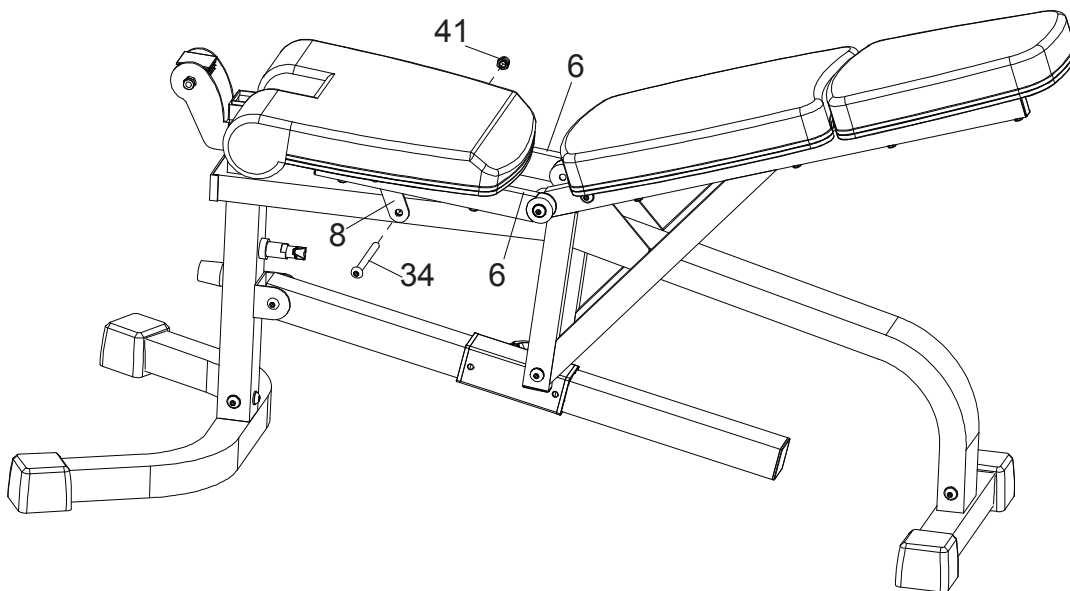
STEP 6

Attach the Upper Back Pad (15) and Lower Back Pad (16) to the backrest Supports (7) using eight Allen Bolts M6x55 (37) and eight Washers M6 (40).

Attach the Seat Pad (14) to the Seat Supports (6) using four M6X55 Allen Bolts (37) and four Washers M6 (40).



NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.



STEP 7

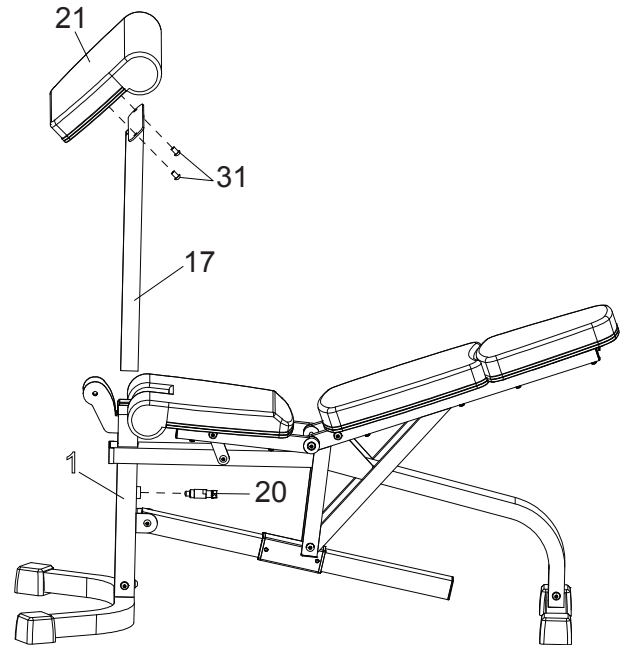
Connect the Seat Supports (6) and the Seat Adjustment Bracket (8) with one M10 x 120 Allen Bolt (34) and one M10 Lock Nut (41).

NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.

STEP 8

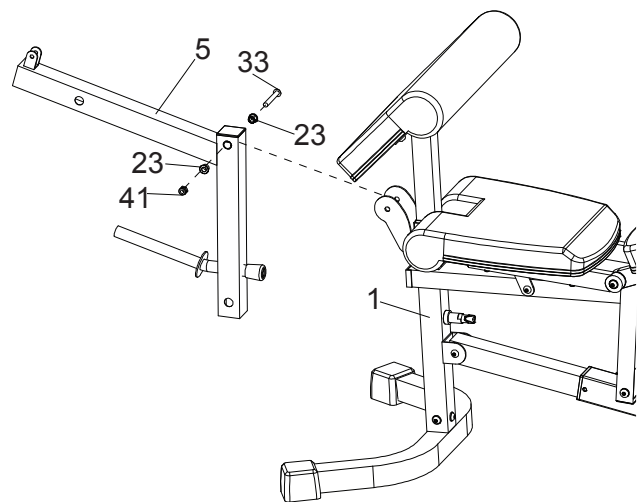
Attach the Curl Pad (21) to the Arm Curl Stand (17) using two M10X15 Allen Bolts (31).

Insert Arm Curl Stand (17) into the Main Frame (1) and secure in place using the Locking Pop Pin (20).



STEP 9

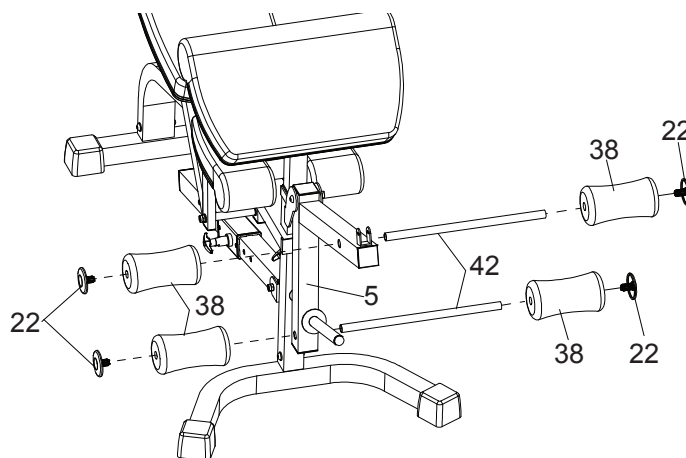
Push two Spacers (23) into Leg Lift Bar (5). Attach the Leg Lift Bar (5) to the Main Frame (1) with one M10X75 Allen Bolt (33) and one M10 Lock Nut (41).



NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.

STEP 10

Insert the Foam Roller Tubes (42) into the Leg Lift Bar (5). Slide Foam Rollers (38) onto each end of Foam Roller Tubes (42) and secure in place using Foam Roller Caps (22).

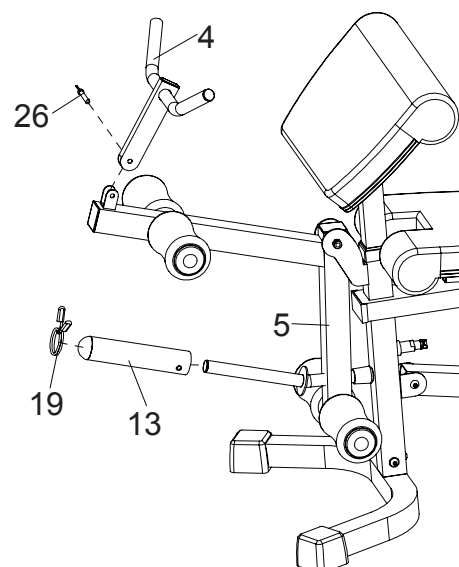


STEP 11

Attach Arm Curl Handle (4) to Leg Lift Bar (5) with a Ring Head Lock Pin (26).

To use olympic weights, secure the Olympic Sleeve (13) to the weight tube on the Leg Lift Bar (5) using the set screw (pre-assembled).

Make sure the set screw is on the bottom of the sleeve. Secure the weight plates (not included) with the 2" Spring Clip (19).

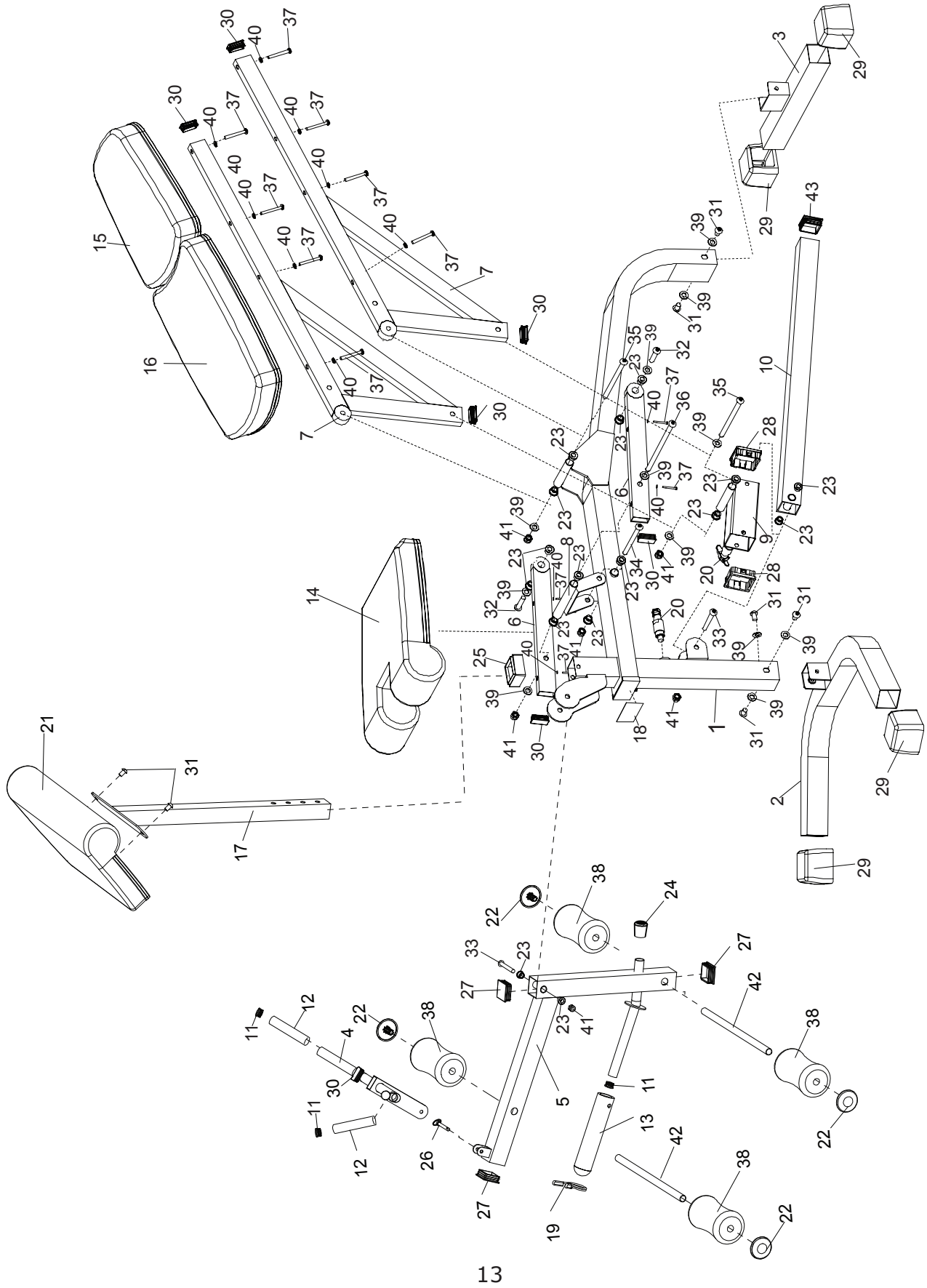


Congratulations! You have completed assembly of you XM-4419!

XM-4419 Parts List

Key NO.	Part No.	Description	QTY
1	204056202503	Main Frame	1
2	204043401503	U-Shaped Front Base	1
3	204043402503	Rear Base	1
4	204043418503	Arm Curl Handle	1
5	204056101503	Leg Lift Bar	1
6	204043405503	Seat Support	2
7	204056201503	Backrest Support	2
8	204043407503	Seat Adjustment Bracket	1
9	204056206503	Sliding Block	1
10	204043415005	Incline Adjustment Tube	1
11	307010000410	Round Plug 25	3
12	307010002303	Handle Grip	2
13	307010000759	Olympic Sleeve	1
14	307040000731	Seat Pad	1
15	307040000732	Upper Back Pad	1
16	307040000733	Lower Back Pad	1
17	204043419503	Arm Curl Stand	1
18	202043411006	Rubber Pad	1
19	306990000080	2" Spring Clip	1
20	802900300002	Locking Pop Pin	2
21	307040000704	Curl Pad	1
22	307010000404	Foam Roller Cap	4
23	306990020001	Spacer	16
24	202032220206	Bumper 25	1
25	307010000714	Square Sleeve 50	1
26	204043408002	Ring Head Lock Pin	1
27	307010000270	Square Plug 50X1.5	3
28	307010000747	Plastic Sleeve	2
29	307010000042	Square End Foot 50	4
30	307010000206	End Cap F20X40	7
31	306010020717	Bolt Allen M10X15	7
32	306010020723	Bolt Allen M10X45	2
33	306010020729	Bolt Allen M10X75	2
34	306010020738	Bolt Allen M10X120	1
35	306010020739	Bolt Allen M10X160	2
36	306010020764	Bolt Allen M10X205	1
37	306010020701	Bolt Allen M6X55	12
38	307010001917	Foam Roller	4
39	306010023108	Washer M10	13
40	306010023106	Washer M6	12
41	306010022504	Lock Nut M10	6
42	204055603503	Foam Roller Tube	2
43	307010000271	Square Plug 50X2	1
44	299056204500	BOLT PACK	1
45	308030000329	MANUAL XM-4419	1

Exploded View



XMARK FITNESS LIMITED LIFETIME WARRANTY

THIS PRODUCT IS INTENDED FOR RESIDENTIAL USE ONLY

This Warranty applies only in the United States and Canada to products manufactured or distributed by XMARK Fitness under the XMARK Fitness brand name. This product is backed by a lifetime residential warranty, excluding only expendable parts such as paint, finish and vinyl. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the product from you.



XMARK Fitness warrants that the product you have purchased for non-commercial, personal, family, or household use from XMARK Fitness is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty becomes **VALID ONLY** if the product is assembled / installed according to the instructions / directions included with the product.

- During the warranty period XMARK Fitness will repair or replace (at XMARK Fitness' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the product, XMARK Fitness may replace defective parts with new, or at the option of XMARK Fitness, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of XMARK Fitness. XMARK Fitness reserves the right to change manufacturers of any part to cover any existing warranty.
- This warranty **DOES NOT COVER** shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. To obtain warranty service, you must contact an XMARK Fitness customer service representative at our phone number located in this manual. Any parts determined to be defective must be returned to XMARK Fitness to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. You must present XMARK Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasure, or forgery of proof-of-purchase documents will be cause to void this warranty.
- This warranty does not extend to any product not purchased from XMARK Fitness. This Limited / Lifetime Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by XMARK Fitness; or (c) by modification of the product. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon XMARK Fitness' receipt of payment or acceptable arrangements for payment.

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This Limited / Lifetime Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to XMARK Fitness branded products. XMARK Fitness neither assumes nor authorizes anyone to assume for it any other express warranty.



XMARK Fitness

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Customer Service: 1-800-719-4605